



**Game Night/Coffee Social**  
**February 7, 2014**  
**6:30 pm-8:30 pm**  
**All Saint's Episcopal Church**  
**Basement Level/Ground Floor**



**Grupo de Discusión Sobre Recuperacion en Español**  
**Todos los Martes 7:00 pm**  
**Hillcrest Community Center**  
**1150 Orchard Terrace**  
**Frederick, MD 21703**

## February 2014

### CORE Recovery Community Center

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
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3 ASEC 9:00-Recovery Discussion-Healing Thoughts 10:30-Drop the Rock 11:45-Organizing My Wellness Toolbox	4 ASEC 9:00 Recovery Discussion-Higher Power as a Source 10:15 Speechcraft 11:00-Thinking for A Change 7:00-HCC Recovery Discussion-Honesty in Relationships 7:00 Grupo de Discusión Sobre Recuperacion	5 ASEC Center Closed ****Rally in Annapolis**** 9:00-2:00 See back for details.	6 ASEC 9:00-Recovery Discussion-Taking Care of Ourselves 10:00-Recovery Planning 101 11:00- Thinking for A Change	7 Game Night/Coffee Social 6:30 pm-8:30 pm  See back for details.
10 ASEC 9:00- Recovery Discussion-Learning New Behaviors 10:30- Drop the Rock 11:45-Organizing My Wellness Toolbox	11 ASEC 9:00-Recovery Discussion-Learning to Wait 10:15 Speechcraft 11:00-Thinking for A Change 7:00-HCC Recovery Discussion-Letting Go of Anger 7:00 Grupo de Discusión Sobre Recuperacion	12 ASEC 9:00-Recovery Discussion-Letting Go of Fear 10:00-Wellness Program 11:00-General Meeting	13 ASEC 9:00-Recovery Discussion-Love, In Words and Actions 10:15 -Recovery Planning Check-in 11:00-Thinking for A Change	14 
17 ASEC Closed President's Day	18 ASEC 9:00 Recovery Discussion-Letting Go of Chaos 10:15 Speechcraft 11:00 Thinking for A Change 7:00-HCC Recovery Discussion-Letting Go of Shame 7:00 Grupo de Discusión Sobre Recuperacion	19 ASEC 9:00-Recovery Discussion- Letting Go of Those Not in Recovery 10:15-Wellness Program 11:30-1:00 Game Day/Luncheon Social	20 ASEC 9:00-Recovery Discussion- Letting Go of Guilt 10:15-Recovery Planning 101 11:00-Thinking for A Change	21
24 ASEC 9:00- Recovery Discussion-Living in the Present 10:30-Drop the Rock 10:30-Organizing My Wellness Toolbox	25 ASEC 9:00 Recovery Discussion-Needing People 10:30-Speechcraft 11:00-Thinking for A Change 7:00-HCC Recovery Discussion-New Beginnings 7:00 Grupo de Discusión Sobre Recuperacion	26 ASEC 9:00-Recovery Discussion-New Relationship Behavior 10:00-Wellness Program 11:00- General Meeting	27 ASEC 9:00-Recovery Discussion-Moving On 10:15 -Recovery Planning Check- In 11:00-Thinking for A Change	28



## CORE Recovery Community Center

Drop the Rock-Learn how to keep from sabotaging your best laid plans for recovery from addiction.

General Meeting-This meeting is open to all recovery community center participants and volunteers to learn about upcoming activities and ways to get more involved at the center.

Recovery Discussions-Participate in peer led discussion groups for around relevant recovery issues to help you deal with everyday life.

Recovery Planning 101- Develop your step by step plan for your recovery in a group setting.

Recovery Planning Check in- Bring in your recovery plan and work in a group setting to assist each other with ongoing goals and reporting progress.

Speechcraft-Learn the basics of speech making as well as learn how to effectively share your recovery story.

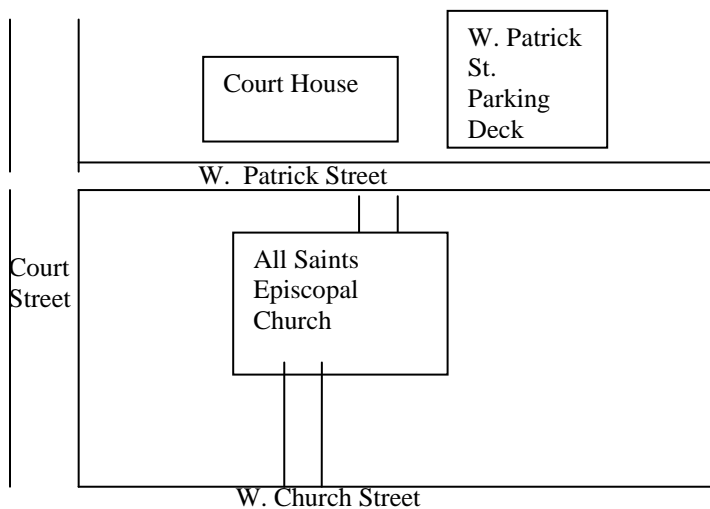
Thinking for Change-Learn how to think differently to restructure your social and problem solving skills that will make a positive difference in your life.

Wellness Program-Earn incentives by participating in CORE's wellness program. This program will educate you on relevant health issues, teach you the latest exercise moves and guide you through breathing and relaxation exercises that can help you to manage daily stress.

Organizing My Wellness Toolbox-Learn how to build and organize your personal recovery toolbox.

Grupo de Discusión en Español- Participe en los grupos de discusión dirigidos por colegas en torno a temas relevantes a la recuperación para ayudarle a lidiar con la vida cotidiana.

### Map (All Saints Episcopal Church)



### Game Night/Coffee Social

**Come out to CORE's Game Night/Coffee Social.**

***Febrsary 7, 2014 6:30 pm- 8:30pm***

*All Saints Episcopal Church 106 W. Church Street, Frederick MD 21707  
Basement/Ground level*

**For more information please feel free to contact any of the staff below:**

**Jamine Abernathy-240-405-9471**

**Carlton Hill, 301-471-6955**

**Santita Prather, 240-439-3521**

**Jeff Thompson, 301-600-4804**

**Jodi Willems -240-405-9393**

### ***Rally In Annapolis-February 5, 2014!!!***

Support Behavioral Health by attending the rally to advocate for access to high-quality mental health and substance use disorder services and adequate funding. Join us in Annapolis at the State House on February 5, 2014 between noon-1:00 pm. Seating is limited if you need transportation. Sign-up at the recovery center or call 301-600-3289.

**ASEC- All Saints Episcopal Church, 106 W. Church Street, Frederick, MD 21701**

**Monday-Thursday Hours-9:00 a.m.-1:00.m.**

**HCC-Hillcrest Community Center, 1150 Orchard Terrace  
Frederick, MD 21703**

**Tuesday Hours- English 7:00 p.m. -8:30 p.m.**

**Español 7:00 p.m.-8:30 p.m.**